

CONSERVANDÆ

BONÆ VALETUDINIS PRÆ

cepta, longè saluberrima Regi Angliæ

quondam à Doctoribus Schola Salernitana

versibus conscripta, pristino suo nitori

refixata, & rhythmis Anglicanis illustrata.

THE  
*SALERNE SCHOOLE.*

OR,

The Regiment of health.

THAT IS,

*Physicall obseruations, for the  
perfect prescruing of the body of  
Man in continuall health.*



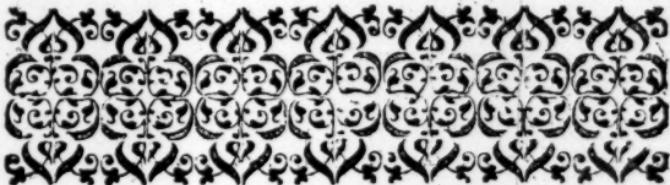
EDINBURGH,

Printed by Andro Hart, and

are to be sold at his shop, on the North-side of  
the hie street, a little beneath the Crofie.

ANNO DOM. 1613.

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# THE PRINTER

to the Reader.

**R**EADER, the care that I haue of thy health, appeares in bestowing these Physical rules vpon thee: neither needest thou be ashamed to take lessons out of this Schoole; for our best Doctors scorne not to read the instructions. It is a little Academic, where euery man may be a Graduate, & proceed Doctor in the ordering of his owne body. It is a garden where al things grow; that are necessary for thy health. This medicinable Tree grew first in Salerne, from thence it was removed, & hath borne both fruit & blossoms a long time in England: It is now replanted in a wholesome ground, and new earth cast about it, by the hand of a cunning Gardner, to keep it still in flourishing. Much good husbandry is bestowed vpon it: yet whatsoeuer the cost be, thou reapest the sweetnesse of it for a small value. For thy better understanding.

## To the Reader.

derstanding thereof, I haue printed the Latine pre-  
cepts with their English immediatly after them, that  
thou lighting vpon some harde or vnacqainted  
words, the one may serue (as it were) for a commen-  
tarie to the other. And where the Translator (as in  
sundrie places of the booke you may marke) hath ex-  
ceeded the Latine, borrowing sentences from Medicin-  
ers, either ancient or moderne, these I haue divided  
from the rest, with the title Addition before them,  
that thou erre not in thinking, that throgh my negli-  
gence their Latine hath bene left out. Fare-well,  
gentle Reader, and not onely diligentlie read, but al-  
so carefullie practize these precepts, not sparing to  
buy for a littlemoney, that which may bring  
great good to thy bodilie health, if  
(as no doubt) thou loues  
the same.

[\*]



## *Ad Librum.*

O booke, and (like a marchant) new ariu'd,  
Tel in how strange a traffik thou hast thriu'd  
Vpon the Countrie which the Sea-god saues,  
And loues so dear, he binds it round with waues:  
Cast Anchor thou, and impost pay to him,  
Whose Swans vpon the brest of *ISIS* swim.  
But to the people that do loue to buy,  
[It skils not for how much] each nouelty,  
Proclaine an open Mart, and sell good cheape,  
What thou by trauell and much cost dost reape.  
Bid the gay Courtier, and coy-Lady come,  
The Lawyer, Townsman, & the country groom,  
Tis ware for all: yet thus much let them know,  
There are no drugs here fetcht from *Mexico*,  
Nor gold from *India*, nor that stinking smoke,  
Which English galants buy themselues to choke  
Nor silkes of *Turkie*, nor of *Barbarie*,  
Those luscious *Canes*, where our rich sugars lie:  
Nor those hot drinks that mak our wits to dance  
The wilde *Canaries*: nor those grapes of *France*:  
Which mak vs clip our English, nor thole wares  
Offertile *Belgia*, whose wombe compares  
With all the world for fruit, tho now with scars,  
Her body be all o're defac'd by warres  
Go, tell thē what thou brings exceeds the welth  
Of al these countries: for thou brings them helth.

## In Librum.

VV<sup>It, learning, Order, Elegance of Phrase,</sup>  
<sup>Health, & the Art to lengthen out our daies:</sup>  
Philosophie, Physick, and Poesie,  
And that skill which death loues not, (Surgery)  
Walkes to refresh vs, Aires most sweet and cleare,  
A thrifte Table, and the wholsomst cheare,  
All sorts of graine, all sorts of flesh, of fish,  
Offowle, and last of fruite a severall dish:  
Good Break-fasts, Dinners, Suppers, after-meales,  
The hearbefor Sallads, and the hearbe that heales.  
Phisitions counsell, Pothecaries pills,  
[Without the summing vp of costly bils]  
Wines that the braine shal ne're intoxicate,  
Strong Ale and Beere at a more easie rate  
Then Water from the Fountain: clothes (not deare)  
For the foure severall quarters of the yeare,  
Meats of all sorts to those that use them can,  
With meanes sufficient to maintaine a man.  
If all those things thou want'ft, no further looke,  
All this, and more then this, lies in this booke.

Anonimus.

# DE CONSER- VANDA BONA VALETU-

dine, Liber Schole Salernitane.

## 1. Preceptum.

**A**NGLOVM Regi scribit schola tota Salerni.  
Si vis incoluniem, si vis te reddere sanum,  
Curas tolle graveis, irasci crede profanum.  
Parce mero, cœnato parum, non sit tibi vanū  
Surgere post epulas, somnum fuge meridianum.  
Ne mictum retine, nec comprime fortiter anum.  
Hæc benè si serves, tu longo tempore vives.

## The Salerne Schoole.

**T**he Salerne Schoole doth by these lines impart,  
All health to Englands King, and doth advise  
From care his head to kēpe, from wrath his heart,  
Drinke not much wine, sup light, and sone arise,  
When meat is gone long fitting bædeth smart:  
And afternoone still waking kēp your eyes,  
When moon'd you finde your selfe to Natures needs,  
Forbear them not, for that much danger bæds.

## 2. Preceptum.

Si tibi deficiant Medici, medici tibi fiant  
Hæc tria: mens hilaris, requies, moderata diæta.

Use thre Phisitians still, first Doctor Quiet,  
Next Doctor Merrie-man, and Doctor Dict.

## SCHOLA SALERNI.

### 3 Preceptum.

Lumina manè, manus surgens gelida laver unda,  
Hàc illàc modicum pergat,modicum sua membra  
Extendat, crines pectat, dentes fricit, ista  
Confortant cerebrum, confortant cætera membra.  
Lote cale,sta pranse,vel i, frigelce minute.  
Fons, Speculum,Gramen, hæc dant oculis relevamen.  
Manè igitur montes,sub serum inquirito fontes,

Rise earely in the mozne, and straight remember,  
With water cold to wash your hands and eyes,  
In gentle fashion stretching euery member,  
And to refresh your braine wher as you rysle,  
In heat,in cold,in Iuly and December,  
Both combe your head, and rubbe your fæth likewise:  
If bled you haue,kēp coole,if bathde,kēp warme,  
If dinde to stand or walke will do no harme.  
Thrē things preserue the sight, grasse,glassē, & fountans  
At Cuin springs,at morning visit mountaines.

### 4 Preceptum.

Sit brevis,aut nullus tibi somnus meridianus.  
Febres,pigrities,capitis dolor,atque catarrhus,  
Hæc tibi proveniunt ex somno meridiano.  
Si fluat ad pectus,dicatur Rheuma Catarrhus:  
Si ad fauces,Branchus: si ad nares,elto Coryza.

Long sleepe at afternoones by stirring fumes,  
Pæds Slouth, and Agues,Aiking-heads, and rhumes

The

## THE SCHOOLE OF HEALTH.

The moisture bred in brest, in lawes and Nose,  
Are call'd Catars, or Tysique, or the Pose.

### An Addition.

If R. be in the Mounth, their judgements erre,  
That thinke that sleepe in afternone is godes,  
If R. be not therein, some men there are  
That thinke a litle nap breeds no ill blood,  
But if you shall herein excede too farre,  
It hurts your health, it cannot be with-blood:

### 5. Preceptum.

Quatuor ex vento veniunt in ventre retento:  
Spasmus, hydrops, colica, & vertigo, hoc res probat ipsa  
Great harmes haue growne, and maladies exceeding,  
By keping in a litle blast of wind:  
So Cramps and Dropsies, Collicks haue their breeding  
And Mazed braines, for want of vent behind.

### An Addition.

Besides we find in stories worth the reading,  
A certaine Romane Emperour was so kind,  
Claudius by name, he mede a proclamation,  
A Scape to be no losse of reputation.

### 6 Preceptum.

Ex magna cœna, stomacho fit maxima poena,  
Vt sis nocte levis, sit tibi cœna brevis.

Great suppers do the stomach much offend,  
Sup light if quyet you to sleepe intend.

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## SCHOLA SALERNI.

### 7. Preceptum.

Tu nunquam comedas, stomachum ni novefis esse  
Purgatum, vacuuinque cibo quem sumperis antē.  
Ex desiderio id poteris cognoscere certo.  
Hæc sint signa tibi, subtilis in ore saliva.

To kepe god dyet, you shoulde never feed  
Untill you finde your stomach cleane and boide  
Of former eaten meates, for they do brede  
Repletion, and will causc you sone he cloid,  
None other rule but appetite shoulde need,  
Wherfrom your mouth a moisture cleare both boide.

### 8. Preceptum.

Persica, poma, pyra, & lac, caseus, & caro salsa:  
Et caro cervina, & leporina, bovina, caprina.  
Atra hæc bile nocent, suntque infirmis inimica.

All peares and Apples, peaches, Milke and Cheese,  
Salt-meats, Red-Deere, Hart, Beefe and Goat: all these  
Are meats that breed ill blood and melancholy,  
If sick you be, to feed on them were folly.

### 9. Preceptum.

Ova recentia, vina rubentia, pinguia jura,  
Cum simila pura, naturæ sunt valitura.

Egges newlie laid, are nutritiue to eat,  
And rosted reare are easie to digest:  
Fresh Gascoigne wine is god to drinke with meat,  
Broth strengthens Nature aboue all the rest.  
But broth prepar'd with flowre of finest wheat,  
Well boild, and full of fat so such are best.

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## THE SCHOOLE OF HEALTH.

Regula presbyteri jubet hoc pro lege teneri,  
Quod bona sunt ova, candida longa nova.

The Priests rule is (a Priests rule should be trew)  
Those Egges are best, are long, and white, and new:

Singula post ova pocula sume nova.

Remember eating new laid Egges and soft,  
For every Egge you eat you drinke as oft.

### 10. Praeceptum.

Nutrit triticum, & impinguat, lac, caseus infans.  
Testiculi, porcina caro, cerebellæ, medullæ,  
Dulcia vina, cibus gustu jucundior, ova  
Sorbilia, & ficus maturæ, uvæque recentes.

Fine Manchet feeds too fat, Milke fits the baines,  
New Cheese doth nourish, so doth flesh of Swines:  
The Dowcets of some beasts, the marrow, braines  
And all sweet-tasting flesh, and pleasant wines,  
Soft Egges (a cleanlie dish in house of Swaines)  
Ripe figs and Raylins, late come from the Wine:

### 11. Praeceptum.

Vina probantur odore, sapore, nitore, colore,  
Si bona vina cupis, quinque haec laudantur in illis:  
Fortia, formosa, & fragrantia, frigida, frisca.

Chuse wine you meane to serue you all the yeare,  
Well-sauour'd, tasting well, and colour'd cleare,  
Fine qualities there are wines praise aduancing,  
Strong, Beautifull and Fragrant, Coole and Dancing.

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## SCHOLA SALERNI.

### 12 Preceptum.

Corpora plus augent tibi dulcia candida vīnū.  
Si vinum rubrum nimium quandoque bibatur,  
Venter stipatur, vox limpida turbificatur.

White Muskadall and Candie wine, and Greeke,  
Do make mens wits and bodies grosse and fat:  
Red wine doth make the boyce oft times to late.  
And hath a binding qualitie to that.

### An Addition.

Canary and Madera both are like  
To make one leane indeed, (but wot you what)  
Who say they make one leane, wold make one lasse,  
They meane, they make one leane upon a stasse.  
Wine, Women, Baths, by Art or Nature warme,  
Use or abuse, do men much good or harme.

### 13 Preceptum.

Allia, ruta, pyra, & raphanus, cum Theriaca, nux,  
præstant antidotum contra lethale venenum.

Six things that here in order shall infue,  
Against all porson bane a secret powre:  
Pcares, Garlick, Reddish-roots, Nuts, Triacle, Rew.

### An Addition.

But Garlick cheſe, for they that it deuonre:  
May drinke, and care not who their drinke do brew,  
May walke in aires infected every houre,  
With Garlick then hath power to ſave from death.

Beare

## THE SCHOOLE OF HEALTH.

Beare with it though it make vnsauoury breath:  
And scozne not Garlick like to some that thinke  
It onely makes men winke, and drinke, and kinke.

### 14. Preceptum.

Lucidus ac mundus sit ritè habitabilis aer,  
Infectus neque sit, nec olens fetore cloacæ.

Though all ill sanours do not b:re infection,  
Yet sure infection commeth most by smelling,  
Who smelleth still perfumed, his complexion  
Is not perfum'd by Poet Martials telling,  
Yet toz your lodging romes give this direction,  
In houses where you minde to make your dwelling:  
That nere the same there be no euill sentes  
Of puddle waters, or of excrements,  
Let ayre be cleare, and light, and free from faults,  
That come of secret passages and vaults.

### 15. Preceprum.

Si nocturna tibi noceat potatio vini.  
Hoc tu manè bibas iterum, & fucrit medicina.

If wine haue ouernight a surfeit brought,  
A thing we wish to you should happen seid:  
Then early in the morning drinke a draught,  
And that a kinde of remedie shall yeld,  
But gaist all surfeits vertues schoole hath taught,  
To make the gift of temperance a shield:

The

## SCHOLA SALERNI.

### 16. Preceptum.

Gignit & humores melius vinum meliores,  
Si fuerit nigrum, corpus reddit tibi pigrum.  
Vinum sit clarumque, vetus, subtile, maturum,  
Ac benè dilutum, saliens, moderamine sumptum.

The better wines do breed the better humors,  
The worse are causes of unwholesome tumors:  
In measure drinke, let wine be rype, not thick,  
But cleare, and well alaid, and fresh, and quicke.

### 17. Preceptum.

Non acidum sapiat cervisia, sit benè clara.  
Ex granis sit cocta bonis satis, ac veterata.

The like aduise we giue you for your Beere,  
We will it be not sowze, and yet be stale:  
Well boild, of hearty graine, and old, and cleare,  
Nor drinke too much, nor let it be too stale:

### 18. Preceptum.

Temporibus veris, modicum prandere juberis;  
Sed calor æstatis dapibus nocet immoderatis.  
Autumni fructus caveas ne sint tibi lustus,  
De mensa sume quantum vis, tempore Brumæ.

And as there be foure seasons in the yeare.  
In each a severall order keepe you shall.  
In Spring your dinner must not much exced,  
In Summers heat, but little meat shall need:  
In Autumne, ware you eat not too much frute,  
With Winters cold, full meales do fitteſt ſute.

## THE SCHOOLE OF HEALTH.

### 19. Preceptum.

Salvia cum ruta faciunt tibi pocula tutar,  
Adde rose florem, minuuntque potenter amorem.

If in your drinke you mingle Rew with Sage,  
All poysone is expel'd by power of those,  
And if you would withall lusts heat allwage,  
Adde to the same the gentle flowre of Rose.

### 20. Preceptum.

Nausea non poterit hac quem vexare, marinam  
Vndam cum vino mixtam qui sumpserit ante.

Would not be sea-sick when the seas do rage,  
Sea-water drinke with wine before he goes.

### 21. Preceptum.

Salvia, sal, vinum, piper, allia, petroselinum,  
Ex his fac saltam, ne sit commixtio falsa.

Salt, Garlick, Parsly, Pepper, Sage and Wine,  
Make sawces for all meates both course and fine.

### 22. Preceptum.

Lotio post mensam tibi confert munera bina,  
Mundificat palmas, & lumina reddit acuta,  
Si fore vis sanus, ablue s̄ep̄ manus.

Of washing of your hands much god doth rysse,  
Tis wholesome, cleanly, and relienes your eyes.

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## SCHOLA SALERNI.

### 23. Præceptum.

Panis non calidus, nec sit nimis inveteratus,  
Sed fermentatusque, oculatus, sit benè coctus,  
Et salsus modicè, ex granis validis electus.  
Non comedas crustam, cholera m quia gignit adustam.  
Et panis salsus fermentatus, benè coctus,  
Purus sit sanus, nam talis sit tibi vanus.

Eat not your bread too stale, nor eat it hot,  
A little Leuend, hollow bak't and light:  
Not fresh, of purest graine that can be get,  
The crust bodes choller both of browne and white,  
Yet let it be well bak't, or eat it not,  
How e're your taste therein may take delight.

### 24. Præceptum.

Est porcina caro sine vino peior oyina.  
Si tribuas vinum, fuerit cibus ac medicina.  
Illa porcorum bona sunt, mala sunt reliquorum.  
Porke without wyne is not so good to eate,  
As Sheepe with wyne, if medicine is and meat,  
Thongh intrailes of a beast be not the best,  
Yet are Swines intrailes better then the rest.

### 25. Præceptum.

Impedit urinam mustum, solvit citò ventrem,  
Hepatis <sup>ευραξιη</sup>, splenis generat, lapidemque.  
Some loue to drinke new wyne not fully fyn'd,  
But for your health we wish that you drinke none,

## THE SCHOOLE OF HEALTH.

For such to dangerous flutes are inclin'd,  
Besides, the Læs of wine doth b̄̄ed the stone,

### 26. Preceptum.

Potus aquæ sumptus, comedenti incommoda præstat;  
Hinc friget stomachus, crudus & inde cibus.

Some to drinke onely water are assign'd,  
But such by our consent shall drinke alone,  
For Water and small Beere we make no question,  
Are enemies to health and god digestion;  
And Horace in a verse of his reherses,  
That Water-drinkers neuer made god verses.

### 27 Preceptum.

Sunt nutritivæ multum carnes vitulinæ,  
Sunt bona gallina & capo, turtur, sturna, columba,  
Quiscula phasiades, merulæ, simul ortygometra,  
Perdix, frigellusque, otis, tremulusque, amarellus.

The choise of meat to health doth much availe,  
First Weale is wholesome meat, and b̄̄eds god blōd:  
So Capon, Hen and Chicken, Partridge, Quaile,  
The Pheasant, Woodcock, Larke, and Thrush be good,  
The Heath-cock wholesome is, the Done, the Raile,  
And all that do not much delight in mud.

### An Addition.

Fair Swans such lone your beauties make me beare  
That in the dish I easilie could forbeare you.  
God sport it is to see a Mallard kild,  
But with their flesh your flesh should not be kild.

[you

## SCHOLA SALERNI.

### 28. Preceptum.

Si pisces molles sunt magno corpore tolles,  
Si pisces duri, parvi sunt plus valituri.  
Lucius & Perca, & saxatilis, albica, tencha,  
Gornus, plagitia, & cum carpa, galbio, truta.

As choise ye make of Fowle, so make of fysh,  
If so that kinde be soft, the great be best,  
If firme, then small and many in a dish:  
In geo not name, all kinds are in request.  
Pyke, Trowt, and Pearch, from water fresh I wylsh,  
From Sea, Bace, Mullet, Brean, and Souls are best:  
The Pyke a rauening Tyrant is in water,  
Yet he on land yelds gead fish ne're the later.

### 29. Preceptum.

Vocibus anguillæ pravæ sunt, si comedantur.  
Qui physiken non ignorant, haec testificantur.  
Caseus, anguillæ, nimis obsunt si comedantur.  
Ni tu sæpè bibas, & rebibendo bibas.

If Eeles and Cheese you eat, they make you hoarse,  
But drinke apace thereto, and then no soaze.

### 30. Preceptum.

Inter prandendum, sit sæpè parumque bibendum,  
Si sumas ovum, molle sit, atque novum.

Some loue at meales to drinke small draughts and oft,  
But fancy may herein and custome guide,  
If Egges you eat they must be new and soft.

### 31. Pra-

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# THE SCHOOLE OF HEALTH.

## 31. Praeceptum.

Pisum laudandum nunc sumpsimus ac reprobandum.  
Est inflativum cum pellibus, atque nocivum,  
Pellibus ablatis sunt bona pisa satis.

In Pease good qualities and bad are tryde,  
To take them with the skin that growes aloft  
They wondrie be, but god without their hyde,

## 32. Praeceptum.

Lac  $\alpha\beta\delta\sigma\tau\kappa\omega$  sanum caprinum, postque camelij,  
plus nutritivum vaccinum sit, quoque ovinum.  
At nutritivum plus omnibus est asininum.  
Adsit si febris, caput & doleat fugiendum est.  
Lenit & humet, solvit sine febre butyrum.  
Inciditque, lavat, penetrat, mundat quoque serum;

In great consumptions learn'd Phisitions thinke  
Tis good a Goat or Camels milke to drinke,  
Cowes-milke and Sheepes do well, but yet an Asses  
Is best of all, and all the other passes.  
Milke is for Agues and for Head-ache naught,  
Yet if from Agues fit you seelie you fre,  
Sweet-butter wholesome is as some haue taught,  
To cleanse and purge some paines that inward be,  
Whay though it be contemn'd, yet it is thought  
To scowre and cleanse, and purge in due degree:

## 33. Praeceptum.

Caseus est gelidus, stipans, crassus, quoque durus.  
Cascus & panis, sunt optima fercula sanis;  
Si non sunt fani, tunc hunc ne jungito pani.

## SCHOLA SALERNI.

For healthie men may Cheese be wholesome food,  
But for the weake and sicklie tis not good,  
Cheese is an heauie meat both grosse and cold,  
And b̄ædeth Costiuenesse both new and old.

## CASEVS DE SEIPSO.

Ignari Medici me dicunt esse nocivum,  
Et tamen ignorant, cur nocumenta feram.  
Expertis reor esse ratum, quia commoditate  
Languenti stomacho caseus addit opem.  
Caseus ante cibum confert, si defluat alvus,  
Si constipetur, terminet ille dapes.  
Qui Physicen non ignorant, hæc testificantur.

*Cheese speaketh of it selfe.*

Cheese maketh complaint that men on wrong suspitions  
Do slander it, and say it doth such harme,  
That they conceale his many good conditions,  
How oft it helpes a stomach cold to warme,  
How fasting tis prescrib'd by some Physitions,  
To those to whom the flux doth give alarme:  
We see the better sort thereof doth eat,  
To make as't were a period of their meat.  
The poorer sort when other meat is scant,  
For hunger eat it to relieve their want.

### 34. Praeceptum.

Inter prandendum sit sæpè parumque bibendum,  
Ut minus ægrotess, non inter fercula potes,  
*Vi vites penam, de potibus incipe cenam*

## THE SCHOOLE OF HEALTH.

Although you may drinke often while you dine,  
Yet after dinner touch not once the cup:  
I know that some Physitians do alligne  
To take some liquor straight before they sup:  
But whether this be meant by broth or wine,  
A controuersie tis not yet tane vp:

### 35. Praeceptum.

Post pisces nux sit, post carnes caseus adsit.  
Vnica nux prodest, nocet altera, tertia mors est.

To close your stomack well this order sutes,  
Cheese after flesh, Nuts after fish or frutes.  
Yet some haue said beleue them as you will,  
One Nut doth good, two hurt, the third doth kill.

### 36. Praeceptum.

Addē pyro potum, nux est medicina veneno.  
Fert pyra nostra pyrus, sine vino sunt pyra virus.  
Si pyra sunt virus, sit maledicta pyrus.  
Dum coquis antidotum pyra sunt, sed crudavenenum:  
Cruda gravant stomachū, relevant sed costa gravatū:  
Post pyra da potum, post pomum vade cacatum.

Some Nut gainst poysone is preservative,  
Pears wanting wine are poysone from the tree.  
But bak't Peares counted are restorative,  
Raw-Peares a poysone, bak't a medicine be,  
Bak't-Peares a weak-dead stomack do reuiue,  
Raw-Peares are heauie to digest we see,  
Drinke after Peares, take after Apples order,  
To haue a place to purge your selfe of odore,

## SCHOLA SALERNI.

### 37. Preceptum.

Si Cerasum comedas, tibi confert grandia dona  
Expurgat stomachum, nucleus lapidem tibi tollit,  
Hinc melior toto corpore sanguis inest.

Ripe Cherries brede good bloud, and helpe the stome,  
If Cherrie you do eat, and Cherrie-stone.

### 38. Preceptum.

Frigida sunt, laxant, multum prossunt tibi pruna.

Cole Damsons are, and good for health by reason,  
They make your intrailes soluble and slacke.

### 39. Preceptum.

Perfica cum musto vobis datur ordine justo  
Sumere, sic est mos nucibus sociando racemos.  
Passula non spleni, tussi valet, est bona reni.

Let Peaches steepe in wine of newest season,  
Nuts hurt the teeth, that with their teeth they crack,  
With enev Nut tis good to eat a Rason:  
For thogh they hurt the Sphene they help the back,

### 40. Preceptum.

Scropha, tumor, glandes, ficus, cataplasmate cedunt,  
Iunge papaver ei, confracta foris trahit osla.  
Vermiculos, Veneremque facit, sed cuilibet obstat.

A plaister made of Figgis, by some mens telling,  
Is good against all hirnels, boyles and swelling,  
With Poppy joynd, it drawes out bones are broken,  
By ffigs are lice engendred, Lust prouoken.

## THE SCHOOLE OF HEALTH.

### 41. *Præceptum.*

Multiplicant mictum, ventrem dant mespila stricump;  
Mespila dura placent, sed mollia sunt meliora.

Cat Medlers if you haue a losenesse gotten,  
They binde, and yet your brine they augment,  
They haue a name more fit to be forgotten,  
While hard and sound they be, they be not spent:  
God Medlers are not ripe till seeming rotten,  
For medling much with Medlers some are shent.

### 42. *Præceptum,*

Provocat urinam mustum, citò solvit & inflat.

New Rennish-wine stirs brine doeth not binde:  
But rather loose the belly bredding winde.

### 43. *Præceptum.*

Crassos humores nutrit cervisia, vires  
Præstat, & augmentat carnem, generatque cruentem.  
Provocat urinam, ventrem quoque mollit, & inflat,  
Frigidat & modicum. Sed plus desiccat acetum,  
Frigidat, emaciaturque, melanch. dat, sperma minorat.  
Siccus infestat nervos, & pinguia siccatur.

Ale humors breeds, it addes both flesh and force:  
It is loosing, coole, and brine doth inforce.  
Sharpe Vinegar doth coole, withall it dries,  
And giues to some ill humors good correction:  
It makes one melancholy, hurts their eyes,  
Not making fat, nor mending their complexion.  
It lessens sperme, makes appetite to rise,  
Both taste and scent is good against infection.

## SCHOLA SALER NI.

### 44 Praeceptum.

Rapa juvat stomachum, novit producere ventum,  
Provocat urinam, præstatque in dente ruinam.  
Si male cocta datur, tibi torsio sic generatur.

The Turnep helpes the Stomack, winde expelleth,  
Stirs vrine, hurts his teeth thereon that feedeth,  
Who much thereof will feed, may wish our nation,  
Would well allow of Claudio's proclamation.

### 45 Praeceptum.

Egeritur tardè Cor, concoquitur quoque durè.  
Sic quoque ventriculus, tamen exteriora probantur.  
Reddit lingua bonum nutrimentum medicinæ.  
Concoctu facilis pulmo est, citò labitur ipse.  
Est melius cerebrum gallinæ, quam reliquorum.

It followes now what part of evry beast  
Is best to eat: first know the Hart is ill,  
It is both hard and heauie to digest,  
The Tripe with no good juice our flesh doth fill:  
The Lites are light, yet but in small request:  
But outer parts are best in Physicks skill.  
If any braines be good, (which is a question)  
Hens braine is best and lightest of digestioun:

### 46 Praeceptum.

Semen Fœniculi pellit spiracula culi.  
Bis duo dat marathrum, febres fugat, atque venenum,  
Et purgat stomachum, lumen quoque reddit acutum.

In

## THE SCHOOLE OF HEALTH.

In Fennell-seed this vertue you shall finde,  
Forzth of your lyster parts to drieue the winde.  
Of Fennell, vertues fourre they do recite,  
First it hath power some poysen to expell,  
Next burning Agues it will put to flight,  
The stomack it doth cleanse and comfort well,  
And fourthly it doth keepe and cleanse the sight,  
And thus the sed and hearbe doth both excell.

### 47 Praeceptum.

Emendat visum, stomachum confortat Anisum,  
Copia dulcoris Anisi sit melioris.

Set for the two last told, if any seed  
With Fennell may compare, tis Annie-seed:  
Some Annie-seeds be swæt, and some more bitter,  
For pleasure these, for medicine those are fitter.

### 48 Praeceptum.

Si crux emanat, Spodium sumptum citò sanat.  
Gaudet hepar spadio, mace cor. cerebrù quoq. moscho  
Pulmò liquiritia, splen capp. stomachusque galanga.

Dame Natures reason, far surmounts our reading,  
We seele effects the causes oft vnknowne,  
Who knowes the cause why Spodium stancheth bl̄s  
(Spodium but ashes of an Eres bone) (ding,  
We learne herein to praise his power exēding,  
That vertue gaue to wood, to hearbe, to stōne,  
The Liver Spodium, Mace the heart delights,  
The braine likes Muske and Lycoras the Lites,

## SCHOLA SALERNI.

The Spleene is thought much comforted with Capers,  
In Stomack Galengale alwayes ill vapours.

### 49. Praeceptum.

Vas condimenti præponi debet edenti,  
Sal virus refugat, rectè insipidumque saporat.  
Non sapit esca probè, quæ datur absque sale.  
Vrunt res falsæ visum, semenque minorant,  
Et generant scabiem, pruritum, sive vigorem.  
Sal primo poni debet, primoque reponi,  
Non benè mensa tibi ponitur, absque sale.

Sance would be set with meat vpon the table  
Salt is good sance, and had with great facilitie;  
Salt makes vnslanoury byands manducable.  
To drine some poysons out, salt hath abilitie,  
Yet things too salt are never commendable:  
They hurt the sight, in nature cause debility,  
The scab and itch on them are euer bræding.  
The which on meats too salt are often feeding:  
Salt should be first remou'd and first set downe  
At table of the Knight and of the Clowne.

### 50. Praeceptum.

Hi fervore vigen tres, fatus, amarus, acutus.  
Alget acetosus, sic stypans, ponticus atque  
Vnctus, & insipidus, dulcis dant temperantum.

As tastes are diueris, so phisitions hold  
They haue as sundry qualities and power,

Some

## THE SCHOOLE OF HEALTH.

Some burning are, some temperat, some cold,  
Cold are these thre, the tart, the sharpe, the sower:  
Solt, bitter, byting, burne as hath bene told,  
Sweet, fat and fresh, are temperat euery houre,

### 51. Praeceptum.

Bis duo vippa facit, mundat dentes, dat acutum  
Visum: quod minus est implet, minuit quod abundat.

Fourc speciall vertues hath a sop in Wine,  
It maketh the teeth white, it cleares the eyne:  
It addes unto an emptie stomack fulnesse,  
And from a stomack fulld it takes the dulnesse.

### 52. Praeceptum.

Omnibus assuetam jubeo servare diætam.  
Quod sic esse probo, ni sit mutare necesse,  
Hypocrates testis, quoniam sequitur mala pestis.  
Fortior hæc meta est medicinæ, certa diæta.  
Quam si non cures, fatuè regis, & male curas.

If to an vse you haue your selfe betaken  
Of any dyet, make no suddaine change:  
A custome is not easily forsaken,  
Pea though it better were yet semes it strange,  
Long vse is as a second nature taken.  
With nature custome walkes in equall range.  
Good dyet is a perfect way of curing,  
And worthy much regard and health assuring,  
A King that cannot rule him in his dyet,  
Will hardly rule his realme in peace and quiet.

53 Prae-

## SCHOLA SALERNI.

### 53 Preceptum.

Quale, quid, & quando, quantum, quoties, ubi, recta  
Debent hæc medico in victus ratione notari,  
Ne male conveniens ingrediatur iter.

They that in Physick will prescribe you sowd.  
Six things must note we here in order touch,  
First what it is, and then for what tis good,  
And when, and where, how often, and how much?  
Who note not this, they cannot be with-stood,  
They hurt, not heale, yet are too many such.

### 54 Preceptum.

Ius caulis solvit, cuius substantia stringit,  
Vtraque quando datur, venter laxare paratur.

Coleworts broth doth loose, the substance bindes,  
Thus play they fast, and loose, and all behinde.  
But yet if at one time you take them both,  
The substance shall give place unto the broth.

### 55 Preceptum.

Dixerunt Malam veteres quod molliat alvum,  
Hujus radices ratiæ solvunt tibi feces,  
Vulvam moverunt, & fluxum sœpè dederunt,

In Physick Mallowes hath much reputation,  
The very name of Mallow seimes to sound,  
The root thereof will give a bindē purgation,  
By them both men and women good haue sound:

To

## THE SCHOOLE OF HEALTH.

To wemens monthly flowres they giue laxation,  
They make men soluble that haue bene bound,  
And least we same in Mallowes prases partall.  
Long since hath Horace praised them and Martiall.

### 56. *Præceptum.*

Mentitur Mentha, si sit depellere lenta  
Ventrism lumbricos, Stomachi vermesque nocivos.

The wormes that gnawes the stombe and never stint  
Are kil'd, and purg'd, and driven away with Mint.

### 57. *Præceptum.*

Cur moriatur homo, cui salvia crescit in horto?  
Contra vim mortis, non est medicamen in hortis,  
Salvia confortat nervos, manuumque tremorem  
Tollit, & ejus ope febris acuta fugit,  
Salvia, Castoriumque, Lavendula, Primula veris,  
Nasturt. Athanas. iuc sanant paralytica membra.  
Salvia salvatrix, naturæ conciliatrix.

But who can write thy worth (O soueraigne Sage?)  
Some aske how man can die, where thou doest grow?  
Oh that there were a medicine curing age,  
Death comes at last, though death come ne're so slow:  
Sage strengthens the sinewes, feuets heat doth swage.  
The Palsie helps, and rids of mickle wo,  
In Latin (Salvia) takes the name of safety,  
In English (Sage) is rather wise then crafty,  
With then the name betokens wise and sauing.  
We count it natures friend, and worth the having.

Lake

## SCHOLA SALERNI.

Take Sage and Primrose, Lavender and Cresses,  
With Walwort that doth graue twixt lime and stonie :  
For he that of these hearbes the juycē exp̄cesses,  
And mix with powder of a Castor-stone,  
May b̄ad their ease whom palsie much opp̄cesses,  
Or if this b̄ad not helpe, then looke for none.

### 58 Praeceptum.

Nobilitas ruta h̄ec, quod lumina reddat acuta.  
Auxilio ruta vir quippe videbis acutē.  
Cruda comesta recens oculos caligine purgat.  
Ruta viris minuit Venerem, mulieribus addit.  
Ruta facit castum dat lumen, & ingerit astum.  
Cocta & ruta facit de pulicibus loca tuta.

Rew is a noble hearbe to gine if right,  
To chew it fasting it will purge the sight,  
One qualitie thereof yet blame I must,  
It makes men chast, and women fles with lust.  
Fair Ladies if these Physick rules be true,  
That Rew hath such strange qualitie as these,  
Eat little Rew, lest your god husbands rew,  
And b̄ad betwēne you both a shewld disease.  
Rew whets the wit, and more to pleasure you,  
In water boyld it rids a roome of fleas.

### 59 Praeceptum.

De cepis Medici non consentire videntur,  
Fellitis non esse bonas, ait ipse Galenus.  
Phlegmaticis verò multum putat esse salubreis. 1  
Non modicum sanas Asclepius adserit illas,  
Pr̄sertim stomacho, pulchrumque creare colorem,  
Conritis cepis loca denudata capillis..

## THE SCHOOLE OF HEALTH.

Sapè fricans, capitis poteris reparare decorum.

Appositas perhibent, morsus curare caninos,  
Si trita cum melle prius fuerint & aceto.

I would not to you Ladies Onyons praise,  
Sauue that they make one fair (Aclepius sapes)  
Yet taking them requyres some god direction,  
They are not god alike for each complexion.  
If unto Choller men be much inclinde,  
Tis thought that Onyons are not god for those,  
But if a man be flegmatique (by kinde)  
It does his stomack good, as some suppose,  
For oyntment Juyce of Onyons is assign'd  
To heads whose haire falleth faster then it growes:  
If Onyons can not helpe in such mishap,  
A man must get him a Gregorian cap.  
And if your hound by hap should bite his maister,  
Of Honey, Rew and Onyons make a plaister.

### 6o Praeceptum.

Est modicum granum, siccum, calidumque Sinapi.  
Dat lachrymas, purgatque caput, tollitque venenum.

The seed of Mustard is the smalles graine.  
And yet the force thereof is very great,  
It hath a present power to purge the braine,  
It addes unto the stomach force and heat:  
All poyson it expels, and it is plaine,

### An Addition.

With sugar tis a passing salvoe for meat.  
She that hath hap a husband bad to bury,  
And is therefore not sad in heart but merie,  
Yet if in shew good maners she will keepe,  
Onyons and Mustard-seed will make her warpe.

## SCHOLA SALERNI.

### 61. Preceptum.

Crapula discutitur, capitis dolor, atque gravedo;  
Purpuream violam dicunt curare caducos :  
Ægris dat somnum, vomitum quoque tollit, & usum  
Illius semen colicis cum melle medetur:  
Et tuisim veterem curat, si sæpè bibatur.  
Frigus pulmonis pellit, ventrisque tremorem.  
Omnibus & morbis ea subvenit articulorum.

Though Violets smell swēt, Nettles offendise,  
Yet each in severall kinde much godd procures,  
The first doth purge the heauie head and pensiue;  
Recouers sursets, Falling-sicknesse cures:  
Though Nettles stinke, yet make they recompence,  
If your belly by Collick paine indures,  
Against the Collick Nettle-seed and Honey  
Is phisick: better none is had for money,  
It bredeþ sleep, stayes vomits, steams doth soften,  
It helpeþ him of the Colik that eats it often.

### 62 Preceptum.

Hysopus purgans herba est è pectore phlegma,  
Ad pulmonis opus cum melle coquenda jugata,  
Vultibus eximum fertur præstare colorem.

Cleane Hysop is an hearbe to purge and cleanse  
Raw flegmes and hurtfull humors from the brest,  
The same vnto the lungs great comfort lends,  
With honey boild: but farre aboue the rest,  
It gines good colour, and complexion mends,  
And is therfore with women in request:

# THE SCHOOLE OF HEALTH;

## DE CHÆREFOLIO.

### 63. Præceptum.

Appositum canceris tritum cum melle medetur.  
Cum vino potum lateris sedare dolorem  
Sæpè solet, tritam si necrit desuper herbam.  
Sæpe solet vomitum, ventremque tenere solutum.

With Honey mixt, Cinquefoylie cures the canker,  
That eates our inward parts with cruell ranker:  
But mixt with Wine, it helpes a grieved side,  
And slayes the boomit, and the laske beside.

### 64. Præceptum.

Enula campana reddit præcordia fana.  
Cum succo rutæ succus si sumitur ejus,  
Affirmant ruptis quod prospic potio talis.

Elecompane strengthens each inward part,  
A little losenesse is thereby prouoken:  
It swageth griefe of minde, it cheeres the heart,  
Allayeth wrath, and makes a man faire spoken:  
And drunke with Rew in wine, it doth impart  
Great helpe to those that haue their bellies brokent.

## DE PVLEGIO.

### 65. Præceptum.

Cum vino nigram cholera potata repellit.  
Appositam veterem dicunt sedare podagram.

Let them that unto choller much incline,  
Drinke Penny-royall steeped in their wine,  
And some affirme that they haue found by tryall,  
The paine of Gowt is cur'd by Penny-royall.

## SCHOLA SALERNI.

### DE NASTVRTO.

#### 66. Praeceptum.

Illiū succus crines retinere fluentes.  
Illiū adseritur, dentisque levare dolorem.  
Lichenas succus purgat cum melle perunctus.

To tell all Cressles vertues long it were,  
But diuise patients vnto that are debter :  
It helpes the teēth, it giues to bald men haire,  
With Honey myrt, it Ring-worme kills and Tetter:  
But let not women that would childdren beare  
Feed much thereof, for they to fast were better.

### DE CHELIDONIA.

#### 67 Praeceptum.

Cæcatis pullis hac lumina mater hirundo,  
[Plinius ut scripsit] quamvis sint eruta reddit.  
An herbe there is takes of the Swallowes name,  
And by the Swallowes gets no little fame,  
For Pliny writes (thogh some thereof make doubt)  
It helpes yong Swallowes eyes when they are out.

### DE SALICE.

#### 68 Praeceptum.

Auribus infusus vermes succus necat ejus.  
Cortex verrucas in aceto cocta resolvit,  
Hujus flos sumptus in aqua frigescere cogit  
Instinctus Veneris cunctos acres stimulantes.  
Et sic desiccatur, ut nulla creatio fiat.

Greene Willow thogh in scorne it oft is vs'd.  
Yet some there are in it not scornfull parts,  
It killeth wormes, the suyce in eares infus'd,

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## THE SCHOOLE OF HEALTH.

With Wineger the barke destroyeth warts.  
But at one quality I much haue mis'd,  
That addes and baytes much of his good deserts.  
For writers old and new, both ours and sooren,  
Affirme the seede make women chaste and barren.

### 69 Praeceptum.

Confortare crocum dixerunt exhilarando,  
Artus defectos, reficitque,hepar reparatque.

Take Saffron if your heart make glad you will,  
But not too much, for that the heart may kill.

### DE PORRO.

### 70 Praeceptum.

Reddit secundas manuum persæpè puellas,  
Manantemque potes naris retinere cruorent,  
Vngas si nares intus medicamine tali.

Greene Leekes are good (as some Physitions say)  
Yet would I choose, how e're I them belieue,  
To weare Leekes rather on Saint Davids day,  
Then eat the Leekes vpon Saint Davids Eve:  
The bleeding at the nose Leekes juyce will stay,  
And women bearing children much reliue.

### 71 Praeceptum.

Quod piper est nigrum, non est dissolvere pigrum.  
Phlegmata purgabit, concordicemque juvabit.  
Leucopiper stomacho prodest, tussique, dolorique  
Vtile, præveniet motum, febrisque rigorem.

Black Pepper beaten grosse you good shall finde  
If cold your stomacke be, or full of winde:  
White Pepper helpes the cough, and cleane it riddeth,  
And Agues fit to come it oft for biddeþ.

## SCHOLA SALERNI.

### 72. *Præceptum.*

Et mox postescam dormire, nimisque moveri,  
Ista gravare solent auditus, ebrietasque,  
Motus, longa fames, vomitus, percussio, casus.  
Ebrietas, frigus, tinnitus cauſat in aure.  
Balnea, sol, vomitus, adfert repletio, clamor.  
Post cœnam stabis, aut passus mille meabis,

Dur hearing is a choyse and daintie sense,  
And hard to mend, yet sone it may be mar'd,  
These are the things that b̄z̄d it most offence,  
To ſlēpe on ſtomach full, and drincking hard,  
Blowes, fals, and noyſe, and fasting, violence,  
Great heat, and ſudden cooling afterward:  
All theſe, as is by ſundry p̄rofes appearing,  
B̄z̄ds tingling in our eares, and hurts our hearing:  
Then thinke it good advice, not idle talke,  
That after ſupper bids vs ſtand o; walke.

### 73 *Præceptum.*

Balnea, vina, Venus, ventus, piper, allia, fumus,  
Porrum cum cepis, faba, lens, fletusque, ſinapi,  
Sol, coitusque, ignis, labor, ictus, acumina, pulvis,  
Ista nocent oculis, fed vigilare magis.  
Fœniculus, verbenā, rosa, & chelidonia, ruta,  
Subveniunt oculis dira caligine preſſis,  
Nam ex iſtis aqua fit, quæ lumina reddit acuta.

You heard before what is for hearing naught,  
Now shall you ſee what hurtfull is for ſight:  
Wine, Women, Bathes, by art to nature wroght,  
Leekes, Onyons, Garlick, Mustardeſeed, fire, light,

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## THE SCHOOLE OF HEALTH.

Smoake,bruises,dust,Pepper to powder broght,  
Beans,Lentils,strains,wind,teares, and Phœbus bright  
And all sharpe things our eye-sight do molest:  
Yet watching hurts them more then all the rest:  
Of Fennell,Vervin,Celidon,Roses,Rew,  
Is water made,that will the sight renew.

### 74 Præceptum.

Sic dentes serva,porrorum collige grana.  
Vre cum hyoscyamo,adjuncto quoque thure,decenter  
Per sicchionion & fumum cape dente remotum.

If in your teeth you hap to be tormented,  
By meane some little wormes therein do breed:  
Whiche paine (if heed be tane) may be preuented.  
By keeping cleane your teeth when as you feed,  
Burne Frank-incense (a gum not euill scented)  
Put Hen-bane vnto this, and Onyon-seed,  
And with a Tunnell to the tooth that's hollow,  
Conuey the smoake thereto, and ease shall follow.

### 75 Præceptum.

Nux,oleum,frigus capitisque,anguillaque, potus,  
Ac pomum crudum, faciunt hominem fore raucum.

By Nuts,Oile,Eeles,great drinking,cold in head,  
By Apples and raw frutes is hoarcenesse bred.

### 76 Præceptum.

Iejuna,vigila,caleas dape, tuque labora,  
Inspira calidum,modicum bibe,comprime flatum.  
Hæc benè tu serva, si vis depellere rheuma.

## SCHOLA SALERNI.

To shew you how to shun raw running rheumes,  
Exceeding much in meat, in drinke, and sleepe,  
For all excesse is cause of hertfull fumes,  
Eat warme broth warm, strive in your b̄eath to keēp,  
Use exercise that vapors ill consumes:  
In Northerne-windes abroad do never perce.

### 77. Praeceptum.

Auripigmentum, sulphur miscere memento,  
His decet apponi calcem, conjunge saponem,  
Quatuor hæc misce, commixtis quatuor istis  
Fistula curatur, quater ex his si repleatur.

If Fistula do rise in any part,  
And so procure your danger, and your smart,  
Take Arsenick Brimstone, mixt with lime and sope,  
And make a tent, and then of cure there's hope.

### 78. Praeceptum.

Si capitidis dolor est ex potu, lympha bibatur,  
Ex potu nimio nam febris acuta creatur.  
Si vertex capitidis, vel frons æstu tribulentur,  
Tempora, fronsque simul moderate sèpè fricentur.  
Morella cocta nec non calidaque laventur.  
Istud enim credunt capitidis prodesse dolori.

If so your head do paine you oft with aking,  
Fair water, or small bēere drinke then or neuer:  
So may you scape the burning fits and shaking,  
That wonted are to company the Feuer:  
If with much heat your head be ill in aking,  
To rub your head and temples still perswener,

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## THE SCHOOLE OF HEALTH.

And make a bath of Morrell boyled warme,  
And it shall kepe your head from farther harme.

### An Addition.

A Flir a dangerous euill is, and common,  
In it shun cold, much drinke, and straines of woment.

### 79. Praeceptum.

Temporis aestivi jejunia corpora siccant.  
Quolibet in mense & confert vomitus, quoque purgat  
Humores nocuos. stomachus quos continet intus.  
Ver, Autumnus, Hyems, Aestas, dominantur in anno.  
Tempore Vernali calidusque aer, madidusque,  
Et nullum tempus melius est Phlebotomiz.  
Usus tunc homini Veneris confert moderatus,  
Corporis & motus, ventrisque solutio, sudor,  
Balnea purgentur tunc corpora per medicinas.  
Aestas bile calet sicca, & noscatur, in illa  
Tunc quoque præcipue cholera rubram dominari,  
Humida, frigida fercula dentur, sit Venus extra,  
Balnea non prosunt, sint rarae phlebotomiae.  
Utilis est requies, sit cum moderamine potus.

To fast in Summer doth the body dry,  
Yet doth it good if you thereto inure it,  
Against a surfeit vomiting to try,  
Is remedy, but some cannot indure it:  
Yet some so much themselves found helpt thereby,  
They go to sea a purpose to procure it.  
Foure seasons of the yeare there are in all,  
The Summer and the Winter, Spring and Fall.

## SCHOLA SALERNI.

In every one of these, the rule of reason  
Bids keepe good dyet, suting euery season.  
The Spring is moist, of temper good and warme,  
Then best it is to bath, to sweet, and purge,  
Then may one ope a veine in either armie,  
If boylng blood or feare of agues bge :  
Then Venus recreation doth no harme,  
Yet may too much thereof turne to a scourge.  
In Summers heat when Choller hath dominion,  
Coole meates and morture best in some opinion,  
The Fall is like the Spring, but endeth colder,  
With Wines and Spice the winter may be bolder.

### 80 Preceptum.

Ossibus ex denis bis centenisque novenis,  
Constat homo, denis bis dentibus & duodenis.  
Ex ter centenis decies sex quinqueque venis.

Now if perhaps some haue desire to knowe  
The number of our bones, our teeth, our veines,  
This verse ensuing plainly doth it shew,  
To him that doth obserue it taketh paines:  
The teeth thrise ten, and two: twise eight arwo:  
Elleuenscore bones saue one in vs remaines:  
For veines that all may baine in vs appeare,  
A veine we haue for each day in the yeare:  
All these are like in number and connexion,  
The difference growes in bignesse and complexion.

### 61. Preceptum.

Quatuor humores in humano corpore constant,  
Sanguis cum cholera, phlegma, melancholia.  
Terra melancholicis, Aqua confertur pituitæ,

## THE SCHOOLE OF HEALTH.

Aer Sanguineis, ignea vis Choleræ.

Four humors raigne within our bodies wholly,  
And these compared to four Elements:  
The Sanguin, Choller, flegme and melancholy,  
The latter two are heavy, dull offence,  
The other are more Jouiall, quick and Joly,  
And may be likened thus (without offence)  
Lyke ayre both warme and moist, is Sanguin cleare,  
Lyke fire both Choller hot and dry appeare:  
Lyke water, cold and moist is Flegmatique,  
The Melancholy cold, dry earth is like.

### 82. Praeceptum.

#### DE COMPLEXIONE SANGVINEA.

Natura pingues isti sunt atque jocantes,  
Rumoresque novos cupiunt audire frequenter.  
Hos Venus & Bacchus delectant, fercula, risus.  
Et facit hos hilares, & dulcia verba loquentes.  
Omnibus hi studiis habiles sunt, & magis apti.  
Qualibet ex caussa non hos facilè excitat ira.  
Largus, amans, hilaris, ridens, rubeique coloris,  
Cantans, carnosus, satis audax, atque benignus.

Complexions cannot vertue breed or vice,  
But may they unto both give inclination,  
The Sanguin, gamesome is, and nothing nyce,  
Lone, wyne and women, and all recreation,  
Lykes pleasant tales, and newes, playes, cards & dyce:  
Fit for all company, and every fashion:  
Though bold, not apt to take offence, not yresfull  
But bountifull and kinde, and looking cheresfull:  
Inclining to be fat, and prone to laſter,

## SCHOLA SALERNI.

Loues mirth and Musick cares not what come after.

### 83. Preceptum.

Est humor cholera, qui competit impetuosis,  
Hoc genus est hominum cupiens præcellere cunctis.  
Hi leviter discunt, multum comedunt, cito crescunt.  
Inde & magnanimi sunt, largi, summa petentes.  
Hirsutus fallax, irascens, prodigus, audax,  
Astutus, gracilis, siccus, croceique coloris.

Sharpe Choller is an humor most pernicious,  
All violent and fierce, and full of fire,  
Of quick conceit, and therewithall ambitions,  
Their thoughts to greater fortunes still aspire;  
Proud, bountifull eneugh, yet oft malitious,  
A right bold speaker, and as bold a lyar,  
On little cause to anger great inclin'd,  
Much eating still, yet ever looking pin'd:  
In yonger yeares they vse to grow apace,  
In Elder hairy on their brest and face.

### 84. Preceptum.

Phlegma dabit vires modicas, latosque, brevesque,  
Phlegma facit pingueis, sanguis reddit mediocres,  
Ocia non studio tradunt, sed corpora somno.  
Sensus hebes, tardus motus, pigritia, somnus,  
Hic somnolentus, piger, & sputamine plenus.  
Est huic sensus hebes, pinguis, facie color albus,

The Flegmatique are most of no great growth,  
Inclining rather to be fat and square:  
Given much unto their ease, to rest and slouth,  
Content in knowledge to take little share,

## THE SCHOOLE OF HEALTH.

To put themselues to any paine most loth,  
So dead their sprits, so dull their senses are:  
Still either sitting like to folke that dreame,  
Or els still spitting to auoyd the flegme:  
One quality doth yet these harmes repaire,  
That for the most part Flegmatique are faire.

### 85 Praeceptum.

Restat adhuc tristis cholera substantia nigra,  
Quæ reddit pravos, pertristes, pauca loquentes.  
Hi vigilant studiis, nec mens est dedita somno.  
Servant propositum sibi nil reputant fore tutum,  
Invidus, & tristis, cupidus, dextræque tenacis,  
Non expers fraudis, timidus, luteique coloris.

The Melancholy from the rest do varie,  
Both sport and ease, and company refusing,  
Exceeding studious, euer solitary,  
Inclining pensive still to be, and musing,  
A secret hate to others apt to cary.  
Most constant in his choise, thogh long a choosing,  
Extreame in loue sometime, yet seldomie lustfull.  
Suspicious in his nature, and mistrustfull:  
A wary wit, a hand much giuen to sparing,  
A heauy looke, a spirit little daring.

### 86.Praeceptum.

Hi sunt humores, qui præstant cuique colores.  
Omnibus in rebus ex phlegmate fit color albus.  
Sanguine fit rubeus, cholera rubea quoque rufus.

Potw

## SCHOLA SALERNI.

How though we give these humors severall names,  
Yet all men are of all participant,  
But all haue not in quantity the same,  
For some (in some) are moze predominant,  
The colour shewes from whence it lightly came,  
Or whether they haue blood too much, or want,  
The watry flegmatique are fair and whyte,  
The Sanguin Roses soyn'd to Lillies brights  
The Cholerick moze red: the Melancholy,  
Alluding to their name are swart and coly.

### 87. Preceptum.

Si peccet sanguis, facies rubet, extat ocellus,  
Inflantur genæ corpus nimiumque gravatur,  
Est pulsusque frequens, plenus, mollis, dolor ingens,  
In primis frontis, fit constipatio ventris,  
Siccaque lingua, sitis, sunt somnia plena rubore.  
Dulcor adeat sputi, sunt acria dulcia quæque.

If Sanguin humor do too much abound,  
These signes will be thereof appearing chæse,  
The face will swell, the cheeks grow red and round,  
With staring eyes, the pulse beat soft and bæse,  
The veines exceed, the belly will be bound,  
The temples and the fore-head full of græse,  
Unquyet sleepes, that so strange dreames will make  
To cause one blush to tell when he doth wake:  
Besides the moisture of the mouth and spittle,  
Will taste too sweet, and seeme the throat to tickle.

88 Prae-

## THE SCHOOLE OF HEALTH.

### 88. Præceptum.

Accusat cholera dextræ dolor, aspera lingua,  
Tinnitus, vomitusque frequens, vigilantia multa.  
Multas sitis pinguisque egestio, tormenta ventris.  
Nausea fit, morsus cordis, languescit orexis.  
Pulsus adeit gracilis, durus, veloxque, calefaciens.  
Aret, amarescitque, incendia somnia fingit.

If Choller do exercēt, as may sometime,  
Your eares will ring and make you to be wakefull,  
Your tongue will seeme all rough, and oftentimes  
Cause vomits, vnaccustomed and hatefull:  
Great thirst, your excrements are full of slime,  
The stomach squeamish, sustenance ungratefull:  
Your appetyte will seeme in nocht delighting,  
Your heart still grieved with continuall byting,  
The pulse beat hard and swift, all hot extreme,  
Your spittle sowe, of fire wōke oft your dreame.

### 89. Præceptum.

Phlegma supergrediens proprias in corpore leges,  
Os facit insipidum, fastidia crebra, salivas,  
Costarum, stomachi, simul occipitisque dolores.  
Pulsus adeit rarus, tardus, mollis, quoque inanis.  
Præcedit fallax phantasmata somnus aquosa.

If Flegme abundance haue due limits past,  
These signes are here set downe will plainly shew,  
The mouth will seeme to you quite out of taste,  
And apt with moysture still to overflow:  
Your sides will seeme all soze downe to the waste,  
Your meat wax loathsome, your digestion slow:

Your

## SCHOLA SALERNI.

Your head and stomach both in so ill taking,  
One seeming euer gripping t'other aking:  
With empty veines the pulse beat slow and soft,  
In sleepe, of seas and riuers dreaming oft.

### 90. Preceptum.

Humorum pleno dum sex in corpore regnat,  
Nigra cutis, durus pulsus, tenuisque urina.  
Sollicitudo, timor, tristitia, somnia tetra.  
Coacescunt ructus, sapore & sputaminis ambo.  
Levaque præcipue tinnit vel sibilat auris.

But if that dangerous humor ouer-raigne,  
Of Melancholy, sometime making mad,  
These tokenes then will be appearing plaine,  
The pulse beat hard, the colour darke and bad:  
The water thin, a weake fantastick braine,  
False-grounded joy, or else perpetuall sad:  
Affrighted oftentimes with dzeanies like visions,  
Presenting to the thoght ill apparitions,  
Of bitter belches from the stomach comming,  
His eare (the left especiall) euer burning.

### 91. Preceptum.

Denus septenus vix phlebotomon petit annus.  
Spiritus uberiorque exit per phlebotomian,  
Spiritus ex potu vini mox multiplicatur,  
Humorumque cibo datum lente reparatur.  
Lumina clarificat, sincerat phlebotomia  
Mentes & cerebrum, calidas facit esse medullas.  
Viscera purgabit, stomachum, ventremque coercet,  
Puros dat sensus, dat somnum, tædia tollit.  
Auditus vocem, vires producit & auget.

A-

## THE SCHOOLE OF HEALTH.

Against these severall humors ouer-flowing,  
As severall kindes of Physick may be good,  
As dyet, driske, not baths, whence sweat is growing,  
With purging, vomiting, and leting blood:  
Which taken in due tyme, not over flowing,  
Each maladies infection is withdrawed,  
The last of these is best, if skill and reason,  
Respect of age, strength, quantity and season.  
Of seueny from seenteene if blood abound,  
The opening of a veine is healthfull sound.  
Of bleeding many profitis grow and great,  
The sp̄its and senses are renew'd thereby:  
Thogh these men slowly by the strength of meat,  
But these with wyne restor'd are by and by.  
By bl̄eding to the marrow commeth heat,  
It maketh cleane your braine, relænes your eye,  
It mends your appetyte, restoreth sleepe,  
Correcting humors that do waking kepe,  
All inward parts and senses also clearing,  
It mends the boyce, touch, smel, and taste, and hearing.

### 92. Praeceptum.

Tres insunt istis. Maius, September, Aprilis;  
Et sunt Lunares, sunt veluti Hydra dies.  
Prima dies primi, postremaque posteriorum.  
Nec sanguis minui, nec carnibus anseris uti.  
Sit senium atque juventa licet, si sanguis abundat.  
Omni mente probè confert incisio venæ.  
Hi sunt tres menses, Maius, September, Aprilis,  
In quibus eminias, ut longo tempore vivas.

Th:æ

## SCHOLA SALERNI.

Thre speciall Months (September, Aprill, May)

There are in which tis good to ope a veine:

In these thre Months the Moone beares greatest sway,

Then old or yong that stoe of blood containe,

May blēd now, though some elder wizards say

Some dayes are ill in these, I hold it vaine:

September, Aprill, May, haue dayes apēce,

That blēding doe forbide, and eating Geese:

And those are they forswoth of May the first,

Of other two, the last of each are wōst.

### 93. Preceptum.

Frigida natura, & frigens regio, dolor ingens;

Balnea, post coitum, minor ætas, atque senilis;

Morbus prolixus, repletio potus & escæ.

Si fragilis, vel subtilis sensus stomachi sit;

Et fastiditi tibi non sunt phlebotomandi.

But yet those daves I grant, and all the rest,

Haue in some cases just impediment:

As first, if nature be with cold opprest,

Or if the Region, Isle, or Continent

Doe scorch or frēze, if stomack meat defest:

If Baths or Venus late you did frequent:

Nor old, nor young, nor drinkers great are fit,

Not in long sicknesse, nor in raging fit:

Or in this case if you will venture blēding,

The quantity must then be most exceeding.

### 94. Preceptum,

Hæc facienda tibi quando vis phlebotomari.

Vct

## THE SCHOOLE OF HEALTH.

Vel quando minvis, fueris vel quando minutus,  
Vnctio ,sive lavacrum, & potus, fascia, motus,  
Debent non fragili tibi singula mente teneri.  
Exhilarat tristes, iratos placat amantes  
Ne sint amentes, phlebotomia facit.

When you to blēd intend, you must prepare  
Some needfull things both after and before,  
Clarke water and sweet Oyle, both needfull are,  
And wyne, the fainting spirit to ressore:  
Fyne binding-clothes of linnen, and beware,  
That all the morning you do sleepe no more:  
Some gentle motion helpeth after blēding,  
And on light meats a spair and temperat feeding.  
To blēd doth chāre the pensiue, and remoue  
The raging furies bēd by burning loue.

### 95. Præceptum.

Fac plagam largam mediocriter, ut citō sumus  
Exeat uberior, liberiusque crūor.  
Sanguine subtracto, sex horis est vigilandum,  
Ne somni sumus lēdat tibi sensile corpus,  
Ne nervum lēdas non sit tibi plaga profunda.  
Sanguine purgatus ne carpas protinus escas.

Make your incision large and not too dēpe,  
That blood haue spēdy issue with the fume,  
So that from sinewes you all hurt do kepe,  
Nor may you (as I toucht before) presume  
In sixe ensuing houres at all to sleepe,  
Lest some slight bruiue in sleepe cause an apostume.

## SCHOLA SALERNI.

### 96. Praeceptum.

Omnia de lacte vitabis rite minutus,  
Et vitet potum phlebotomatus homo,  
Frigida vitabit, quia sunt inimica minutis,  
Interdictus eritque minutis nubilus aer.  
Spiritus exultatque minutis luce per auras.  
Omnibus apta quies, & motus sepe nocivus.

Eat not of milke, nor eught of milke compounded,  
Nor let your braine with much drinke be confounded;  
Eat no cold meats, for such the strength impaire;  
And shun all misty and unwholesome ayre.

### 97 Praeceptum.

Principio minuas in acutis, perperacutis,  
etatis mediae multum de sanguine tolle,  
Sit puer, atque senex, toller uterque parum.  
Ver tollat duplum, reliquum tempus tibi simplum.

Besides the former rules for such as pleases,  
Of letting blood to take more obseruation,  
Know in beginning of all sharpe diseases,  
Tis counted best to make euacuation:  
To old, too yong, both letting blood displeases,  
By yeares and sicknesse make your computation:  
First in the Spring for quantity you shall  
Of blood take twyse as much as in the Fall;

### 98. Praeceptum.

Ver, aestas, dextras, autumnus hyemsque sinistras.  
Quatuor haec membra, hepar, pes, cephæ, cor, vacuanda  
aestas hepar habet, ver cor, sicque ordo sequetur.

## THE SCHOOLE OF HEALTH.

In Sp̄ing and Summ̄er let the right arme blood,  
The Fall and W̄inter for the leſt are good.  
The Heart and Leuer Sp̄ing and Summers blēding  
The Fall and W̄inter hand and ſot doth mend.

### 99. Preceptum.

Ex ſalvatella tibi plurima dona minuta,  
Splenem, hepar, pectus, vocem, præcordia purgat,  
Innaturalem tollit de corde dolorem.

One veine cut in the hand doth helpe exceeding,  
Unto the ſplene, booye, brest, and intrailes lend,  
And ſwages grieſes that in the heart are blēding.

### (E) The Translator to the Reader.

But here the Salerne Schoole doth make an end.  
And here I ceaſe to wryte, but will not ceaſe  
To wiſh you liue in health, and die in peace:  
And ve our Physicks roles that friendly read,  
God grant that Physick you may neuer nāde.

*FINIS.*

